

SEEING 2020 NICOTINE-FREE

VAPING ISN'T HARMLESS!

The vapor or aerosol may contain harmful ingredients:



- Found in car exhaust
- Known to cause lung disease
- Includes heavy metals that may cause cancer



Vape Pod

= 20

cigarettes' worth of nicotine



TYPES OF NICOTINE DEVICES



Vape Pens



Vape Pods



Vape Mods



E-cigs

Vaping is associated with serious health issues like:



Asthma | COPD | Acute Lung Injury
Lung Cancer | Heart Disease

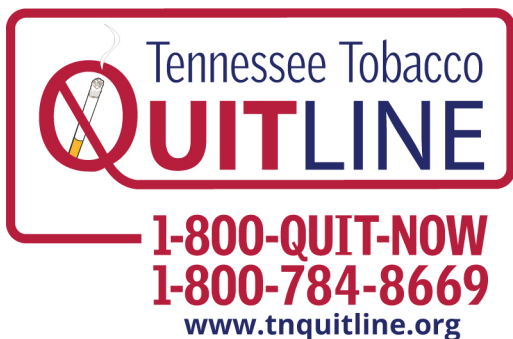


TENNESSEE QUIT WEEK 2020

February 3-7th

Ready to see a nicotine-free future?

Call the Tennessee Tobacco
QuitLine today to get started!



You can also join the program online
at www.tnquitline.org. IT'S FREE!!

It's hard to quit vaping, but studies show people who
use a program are much more successful.

#TNQuitWeek
#TobaccoFree2020

Use these hashtags to
share your quit story
on social media & find
more information about
Quit Week events.



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